

Take Charge of Diabetes!

Attend Center for MultiCultural Health Diabetes Support Groups



Join us to:

- Meet doctors, nutrition specialists and other health care professionals and ask questions about diabetes and its complications;
- Find out about resources for free or low-cost medical supplies;
- Enjoy a heart-healthy snack; and
- Meet other people who are living with diabetes.

Support groups for 1st quarter 2005:
Thursday, January 20th, 5:00 - 7:00pm
Thursday, February 17th, 5:00-7:00pm
Thursday, March 17th, 5:00-7:00pm

Support groups are held at the
Center for MultiCultural Health office,
105 14th Avenue, Suite 2C in Seattle.

**For more information
about upcoming classes and support groups,
contact Rietta Williams at 206/461-6910, ext. 218.**



REACH
Racial
and Ethnic
Approaches to
Community Health

Sponsored by the Center for MultiCultural Health and
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County